

Prep Time: 30 minutes

Chill Time: 4 hours (minimum)

Total Time: 4 hours 30 minutes

Intensity Level: Easy (No-Bake, No-Fail)

Table of Contents

- ◆
 - [Introduction](#)
 - [The “Intensity” Breakdown](#)
 - [Ingredients](#)
 - [For the Crust:](#)
 - [For the High-Protein Cheesecake Filling:](#)
 - [For the Raspberry Swirl:](#)
 - [Equipment You’ll Need](#)
 - [Step-by-Step Instructions](#)
 - [Part 1: Prepare the Crust \(Intensity: Low\)](#)
 - [Part 2: Create the Raspberry Swirl \(Intensity: Low\)](#)
 - [Part 3: Prepare the Protein Cheesecake Filling \(Intensity: Medium\)](#)
 - [Part 4: Assemble and Swirl \(Intensity: Low-Medium\)](#)
 - [Part 5: Chill and Serve \(Intensity: Zero\)](#)
 - [Nutritional Information \(Estimated per slice\)](#)

Introduction

Craving a dessert that feels indulgent but works as hard as you do? Look no further. This High-Protein No-Bake Raspberry Swirl Cheesecake is the ultimate answer to your sweet tooth’s prayers. It’s creamy, tangy, and bursting with fresh berry flavor, yet it’s secretly packed with over 20 grams of protein per slice. By swapping traditional cream cheese and heavy cream for a blend of Greek yogurt, cottage cheese, and a high-quality protein powder, we’ve created a dessert that supports your fitness goals without sacrificing an ounce of flavor.

The best part? There's no oven required. This is a completely no-bake recipe, meaning it's perfect for warm weather, busy weeknights, or anytime you want a stunning, restaurant-quality dessert with minimal effort. The vibrant raspberry swirl isn't just for looks—it adds a bright, tart contrast to the rich, vanilla-kissed cheesecake filling. Get ready to impress yourself and everyone you share it with.

The “Intensity” Breakdown

To help you plan, here's a quick look at the intensity of each stage of the recipe:

- **Crust Creation Intensity: Low.** A simple blend-and-press method. The only challenge is not eating the mixture before it goes in the pan.
- **Filling Intensity: Medium.** This requires a good blender or food processor to achieve a perfectly smooth texture. You'll need to scrape down the sides and be patient.
- **Swirling Intensity: Low-Medium.** This is an artistic step. The goal is a beautiful, marbled effect, not perfection. Over-swirling will muddle the colors, so a gentle hand is key.
- **Chilling Intensity: Zero.** This is the easiest part! Just pop it in the fridge and let science do the work. This step is crucial for setting the structure.

Ingredients

For the Crust:

- 1 ½ cups (150g) rolled oats (or almond flour for a grain-free option)

- ½ cup (60g) vanilla or unflavored protein powder (whey or plant-based)
- ¼ cup (30g) ground flaxseed meal
- ¼ cup (60ml) melted coconut oil
- 3 tablespoons (60g) honey or maple syrup
- 1 teaspoon vanilla extract
- Pinch of sea salt

For the High-Protein Cheesecake Filling:

- 2 cups (500g) plain, non-fat Greek yogurt
- 1 cup (225g) low-fat cottage cheese
- 1 scoop (30g) vanilla protein powder (whey or plant-based)
- ¼ cup (60ml) honey or maple syrup (adjust to taste)
- 1 tablespoon fresh lemon juice

- 1 teaspoon vanilla extract
- 1 tablespoon unflavored gelatin powder (or 2 teaspoons agar-agar for a vegetarian version)
- ¼ cup (60ml) cold water

For the Raspberry Swirl:

- 1 ½ cups (about 180g) fresh or frozen raspberries
- 2 tablespoons honey or maple syrup
- 1 tablespoon fresh lemon juice
- 1 teaspoon cornstarch (optional, for a thicker sauce)

Equipment You'll Need

- 8-inch (20cm) springform pan
- Food processor or high-speed blender
- Small saucepan

- Mixing bowls
- Spatula
- Measuring cups and spoons

Step-by-Step Instructions

Part 1: Prepare the Crust (Intensity: Low)

1. **Line Your Pan:** Lightly grease an 8-inch springform pan with a little coconut oil. For easy removal, you can also line the bottom with a circle of parchment paper.
2. **Blend Dry Ingredients:** In your food processor, combine the rolled oats, protein powder, ground flaxseed, and a pinch of sea salt. Pulse until the oats are broken down into a fine, crumb-like consistency. Be careful not to over-process, or it will turn into a paste.
3. **Add Wet Ingredients:** Add the melted coconut oil, honey (or maple syrup), and vanilla extract to the dry mixture. Pulse again until everything is evenly combined and the mixture resembles damp sand. It should hold together when you pinch it between your fingers.
4. **Press the Crust:** Transfer the mixture to your prepared springform pan. Using the back of a spoon or your clean hands, firmly and evenly press the crust into the bottom of the pan. Make sure it's compact and flat. Use the flat bottom of a measuring cup to help you get a perfectly even layer.

5. Chill: Place the pan in the freezer to set while you prepare the filling. This will firm it up and make it easier to spread the filling on top.

Part 2: Create the Raspberry Swirl (Intensity: Low)

1. Cook the Raspberries: In a small saucepan over medium heat, combine the raspberries, honey (or maple syrup), and lemon juice. If using cornstarch, whisk it with a tablespoon of cold water first, then add it to the pan.
2. Simmer and Thicken: Bring the mixture to a gentle simmer. Cook for 5-7 minutes, stirring frequently and mashing the berries with the back of your spoon, until they have released their juices and the sauce has thickened slightly.
3. Strain and Cool: Remove from heat and pour the mixture through a fine-mesh sieve into a small bowl to remove the seeds. Use your spatula to press down on the solids to extract all the delicious juice. Set the smooth raspberry sauce aside to cool completely. You can speed this up by placing the bowl in the refrigerator.

Part 3: Prepare the Protein Cheesecake Filling (Intensity: Medium)

1. Bloom the Gelatin: In a small bowl, sprinkle the gelatin powder over the $\frac{1}{4}$ cup of cold water. Let it sit for 5 minutes to “bloom” or hydrate. It will become a thick, applesauce-like consistency.
2. Blend the Base: While the gelatin is blooming, add the Greek yogurt, cottage cheese, protein powder, honey (or maple syrup), lemon juice, and vanilla extract to your clean

food processor or blender. Blend on high for 1-2 minutes, scraping down the sides as needed, until the mixture is incredibly smooth and creamy. There should be no lumps of cottage cheese remaining.

3. Dissolve the Gelatin: Once the gelatin has bloomed, melt it. You can do this by microwaving it in 10-second intervals until it's liquid, or by placing the bowl over a pan of simmering water. Do not let it boil.
4. Combine: With the blender running on low speed, slowly and carefully stream in the melted gelatin. Blend for another 30 seconds until it is fully incorporated. The gelatin is the key to setting our no-bake cheesecake, so make sure it's mixed in thoroughly.

Part 4: Assemble and Swirl (Intensity: Low-Medium)

1. Pour the Filling: Remove the crust from the freezer. Pour the cheesecake filling over the chilled crust. Use your spatula to smooth the top into an even layer.
2. Add the Swirl: Dollop small spoonfuls of the cooled raspberry sauce over the top of the cheesecake. Don't just dump it all in one spot; distribute it evenly across the surface.
3. Create the Marble Effect: Using a skewer, a thin knife, or the tip of your spatula, gently swirl the raspberry sauce into the cheesecake filling. Use a light touch! Make "S" shapes and figure-eights, dipping your tool down into the filling to create depth. Stop after 4-5 swirls to avoid over-mixing and muddying the colors. You want distinct streaks of vibrant red and creamy white.

Part 5: Chill and Serve (Intensity: Zero)

1. **The Crucial Chill:** Gently tap the pan on your countertop a few times to release any air bubbles. Cover the pan tightly with plastic wrap or foil. Place it in the refrigerator to set for a minimum of 4 hours, but preferably overnight. This allows the gelatin to fully set and the flavors to meld together. Do not rush this step!
2. **Release and Serve:** When you're ready to serve, run a thin, sharp knife around the inside edge of the springform pan to loosen the cheesecake. Release the latch and carefully remove the outer ring.
3. **Slice and Enjoy:** For the cleanest slices, use a sharp knife that has been dipped in hot water and wiped dry between each cut. Serve chilled. This cheesecake is delicious on its own, but you can garnish it with a few extra fresh raspberries or a sprig of mint for an elegant touch.

Nutritional Information (Estimated per slice)

Disclaimer: Nutritional values are estimates and will vary based on the specific brands and ingredients you use. This information is for general guidance only.

- Calories: 325 kcal
- Protein: 24g
- Carbohydrates: 32g

- Fat: 12g
- Fiber: 4g
- Sugar: 20g